

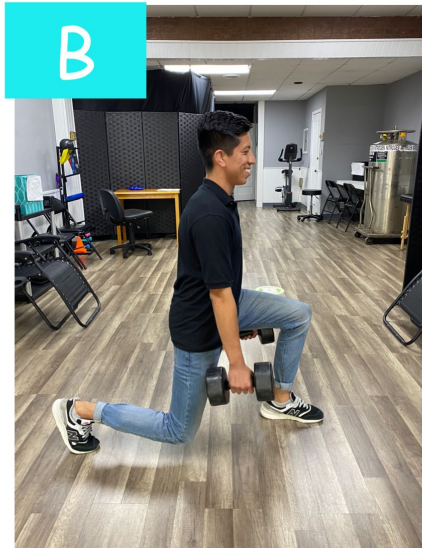
Exercises to Strengthen Knees & Hips

Split Squat



1. Start in a staggered stance
2. With all your weight focused through the heel of your forward leg, slowly lower down, keeping your back straight

Split Squat



1. When bending forward, do not let your front knee go past your toes
2. Slowly raise back up and repeat